

# BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

Telephone 247-1926

**NOVEMBER 2015**

281 County Road  
Barrington, RI 02806

**Center Hours**  
**9:00 AM - 4:00 PM**  
**Monday - Friday**

## SENIOR CENTER STAFF

**Michele Geremia**  
Director

**Mira Meyer-Oertel**  
Senior Services Coordinator

**Ed Carusi**  
Outreach Services

**Susan Duarte**  
Clerical

**Rod Maturi**  
**Shirley Slusarski**  
Kitchen Staff

**Larry Daglieri**  
**Anthony Mederos**  
**Tom Wegner**  
Transportation

**Mona L. Kozel**  
Activity Club

## SENIOR CENTER CLOSED

**Friday, November 6th - Library Book Sale**

**Wednesday, November 11th - Veterans Day**

**Thursday, November 26th and Friday November 27th - Thanksgiving**

## THANKSGIVING PARTY



**Friday, November 20th**  
**1:00pm to 3:00pm**

Come and celebrate Thanksgiving with your friends and enjoy entertainment by Bobby Justin, a raffle and refreshments. If you wish to join us for a delicious Thanksgiving dinner before the party - with Rod Luther at the piano - please call the Center for reservations early, as space is limited. We look forward to seeing you.

## ANNUAL MEETING

**The Friends of the Barrington Senior Center, Inc.**

**Tuesday, November 17th at 7:00pm**

The Friends of the Barrington Senior Center, Inc. is a non-profit organization that raises funds for the Senior Center and supports its outreach, capital improvements and programs. At the annual meeting, Timothy Faulkner, an environmental writer and President of the Barrington Land Conservation Trust will present. Mr. Faulkner will speak about the history of food waste as well as land protection in Barrington.

**All are welcome! Light refreshments will be served.**

## FLOWERS FOR EVERYONE

**Friday, November 20th at 10:00am**

**"SEW BE IT"**

Calling all quilters! Using a variety of fresh chrysanthemums and a rectangular lomi dish, we will design our very own floral quilts. Cushion, Fuji, and daisy mums highlight this breathtaking array of color and texture. Participants will be amazed at the professional results in this marriage of needle and floral work. Please join us for an unforgettable class!

Cost: \$16.00. Please call the Center at 247-1926 to register for this class.

## **ARM CHAIR TRAVEL**

**Monday, November 16th at 1:00pm**

### ***“SICILY: CULTURAL CROSSROADS OF THE MEDITERRANEAN”***

Presented by Sandi Tinyk

The history and culture of the Mediterranean are reflected in the unique, subtropical island of Sicily, the center of the known world for centuries. Fought over, occupied and colonized by every major civilization, from the ancient Greeks and Romans, the Normans, Arabs and Spanish to the French and the English, present-day Sicily reveals the influences of these peoples in its monuments, artistic traditions, history, traditions and cuisine. Join us on a “journey” to sunny Sicily, a land of citrus and olives, of bougainvillea and oleander, of mosaics and temples, as we peel away the layers of history that unfold as we traverse this beautiful land. The largest of the Mediterranean islands, Sicily offers spectacular landscapes, charming historic towns and lovely seaside views, lush mountains and the majesty of Mount Etna, as well as some of the finest archaeological sites to be found in Europe.

*Please note:* This program is presented in collaboration between the Senior Center and the Barrington Community School. Fee: \$10.00 per adult/\$5.00 senior citizen rate. Cash or check made payable to the Barrington Community School (BCS) may be mailed or delivered to BCS or the Senior Center. Please call the Center at 247-1926 or BCS at 245-0432 to register.

## **2ND STORY THEATRE**

**Sunday, November 15th at 2:30pm - “Neighborhood Watch” by Alan Aykourn**

When anxious residents of Bluebell Hill Development, alarmed by the “threat” of roving inner city youths, take the law into their own hands, their ad hoc vigilante movement takes an absurdly tragi-comic turn. (Upstage)

**Sunday, November 22nd at 2:30pm - “Story Theater” by Paul Sills**

Musicians Atwater-Donnelly and a troupe of improv-ers bring to life this imaginative celebration of storytelling. Whether you’re 8 or 80, young-of-body or young-at-heart, it’s a perfect holiday treat. (Downstage) Get your tickets here at the Center! The cost per ticket is \$7.00. Please note that tickets are limited to two per person and membership in the Senior Center Activity Club is required.

## **WELLNESS AT THE CENTER**

### **ZUMBA GOLD BEGINS**

**Friday, November 13th at 9:00am**

Zumba Gold is perfect for active older adults and offers the original moves we all love but at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. The benefits of Zumba Gold involve all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba Gold will be taught by Samantha Dean, who is a YMCA trained and certified instructor, as are all exercise instructors at the Center.

### **LIVING WELL RI**

**Mondays, November 9th - December 14th at 1:30pm**

This 6-week course is a program created to support persons with chronic diseases and is designed to help participants develop the skills and coping strategies needed to manage their symptoms through action planning. This program will be led by Edna Kurtzman, a YMCA trained instructor. Registration for this course is required. Please call the Bayside YMCA at 245-2444 to sign up.

### **PHYSICAL THERAPY - PRESENTATION AND SCREENING**

**Monday, November 9th at 10:45am**

Performance Physical Therapy is a state-of the-art practice, offering innovative services that help patients of all ages achieve optimal physical function – fitness, wellness and rehabilitation. One of its board-certified therapists will be at the Center to make a short presentation about the benefits of physical therapy as well as provide individual hands on attention and screening to participants. A great service!

## CHOCOLATE ANYONE?

**Wednesday, November 4th at 10:45am**

### **“Chocolate Presentation” brought to you by Home Instead Senior Care**

Join us as we discuss the history of chocolate and the many health benefits associated with dark chocolate! We will talk about its history, from the ancient Aztecs to its evolution to the exciting chocolate bars millions enjoy today. We will dispel several myths as well as point out the powerful antioxidant components of certain chocolate delights. Savor delicious samples and enjoy your very own delectable, yet healthy, chocolate give-away!

## ACTIVITY CLUB TRIPS AND ACTIVITIES

**\$7.00 per year membership for people 55+ ( September to September)**

**PLEASE NOTE: It is important to sign up early for all trips as a sufficient number of people is needed.**

### **November 11, 2015 (Wednesday) - North Shore Music Theatre: “Sister Act”**

This tour begins with a delicious, full course luncheon at the Danversport Yacht Club, with entrée choices of Baked Scrod or Baked Chicken. Then you'll travel to the North Shore Music Theatre for one of Broadway's classic musicals, “Sister Act.” This musical tells the story of a determined but not very successful night club singer, Deloris van Cartier. When she witnesses a murder, the police take her into protective custody and hide her in a convent where she helps the convent's somewhat out of tune choir get into key and returns the run-down church to its former glory, thereby blowing her cover. The gangsters take up the chase and are soon hot on her trail. Has Deloris run out of time or has the gang underestimated the divine strength of the Sisterhood?

### **December 7, 2015 (Monday) - Holiday Party at the Wharf Tavern at 12:00pm**

Come and join your friends for the traditional Holiday Party at the Wharf Tavern with entertainment by the popular Manny Brandao! Meal choices are Baked Scrod or Stuffed Chicken with all the trimmings. Please call the Center early to reserve as space is limited.

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## **TOWN OF BARRINGTON**

Senior Center

281 County Road

Barrington, Rhode Island 02806

**Presorted**

**STD**

**U.S. POSTAGE**

**PAID**

**Barrington, R.I.**